

FIRE UP YOUR FAT BURNERS

Use this metabolism burning workout to transform your body faster than EVER!

This program uses the latest training techniques to torch belly fat. Instead of running you'll do total body exercises at a fast pace. After all, whether you're running or lifting, your muscles require energy to help you move. And this workout forces more of your muscles into action than you'd ever use while jogging for the same duration. Not convinced? Just try it once! This 4 week plan can turn your body to into a fat burning machine!

DIRECTIONS: Perform each workout once a week, resting at least 1 day between sessions. So you might do Workout A. on Monday, Workout B. on Wednesday, and Workout C. on Friday.

WORKOUT A: Complete these exercises back-to-back using a technique known as countdowns. Do 15 reps of swings, followed by 15 reps of burpees. Without resting, do 14 reps of swings and then 14 reps of burpees. Continue this pattern until you do only 1 rep of each exercise.

1. Dumbbell Swing

Bend at your hips and hold a dumbbell between your legs. Thrust your hips forward and swing the weight to shoulder height.

2. Squat Thrust

Stand with your feet should-width apart. Bending at your hips and knees, lower your body until you can place your hands on the floor. Kick your legs

backward and then perform pushup. Reverse the move and stand up. That's 1 rep.

WORKOUT B: Perform these exercises as a circuit, doing one after another in succession. Do 10 repetitions of each movement, and rest for no longer than 20 seconds between each exercise. Complete the entire four-exercise circuit a total of 10 times.

1. Overhead Farmer's Walk

Grab a pair of dumbbells and press them over your head, your palms facing each other. Walk forward—each step is 1 rep.

2. T-Pushup

Do a pushup with your hands on a pair of hex dumbbells. As you push up, rotate your right arm toward the ceiling; return to the starting position. That's 1 rep. Repeat to the other side.

3. Thrusters

Hold a pair of dumbbells next to your shoulders. Squat down, and as you stand back up, press the dumbbells overhead.

4. Pushup-Position Row

Place a pair of hex dumbbells on the floor and set yourself in pushup position with your hands on the dumbbells. Pull the right dumbbell up to the side of your chest. Pause, and then lower the dumbbell; repeat the move with your left arm. That's 1 rep.

WORKOUT C: Perform these exercises as a circuit. Do 6 reps of each movement, and cycle through all four exercises as many times as possible in 20 minutes. Rest as needed.

1. Lateral Shuffle

Stand in an athletic stance, as shown. Shuffle to your left by moving either foot and then the other. That's one step. Take three steps to your left, six steps to your right, and three steps back to your left. That's one set.

2. Pushup and Row

Place a pair of hex dumbbells on the floor and set yourself in pushup position. Perform a pushup, but once you return to the starting position, row the dumbbell in your right hand to the side of your chest. Lower the dumbbell and repeat with your left arm. That's 1 rep.

3. Dumbbell Reverse Lunge

Grab a pair of dumbbells and hold them next to your sides, your palms facing each other. Step backward with your left foot and lower your body until your front knee is bent at least 90 degrees. Return to the starting position, and step back with your right leg. That's 1 rep.

4. Dumbbell Getup

Lie faceup and hold a dumbbell in your left hand with your arm straight above you. Roll onto your right side and prop yourself up. Stand up while keeping the dumbbell above you at all times. Once standing, reverse the movement. Do all 6 reps, and then switch arms and do another 6.

Ref. Men's Health, July 2010